

Caroline County  
Public Schools  
Elementary

# Menus for January 2019



This institution is an equal opportunity provider. Menus are subject to change.



## CAN IT.

Research continues to show that drinking regular soda has zero upside for your health and plenty of downside. Why not make this the year you and your family "can" your sugary soda habit? And satisfy your sweet tooth with fresh fruit!

**EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.  
WELLNESS IS A WAY OF LIFE!**

# WE HAVE YOUR NEW YEAR'S RESOLUTION

Join us every day for  
convenient, economical,  
healthy meals!

Breakfast

Lunch

**Free**

Paid  
Reduced

\$2.25  
\$0.40

Learn more about free and reduced-price meals in our district: 410-479-3261

Wednesday, January 2

**Breakfast**

Sausage Sandwich

**Lunch**

Chicken Caesar Salad &  
Croutons  
Mozzarella Sticks  
w/Marinara Sauce & Breadstick  
or  
Hot Dog on a Bun

Steak Fries  
Broccoli w/Cheese Sauce  
Baked Beans  
Choice of Fruit

Thursday, January 3

**Breakfast**

Wild Berry Bread

**Lunch**

Taco Salad  
Chicken Nuggets w/Pretzel Rod  
or  
Meatball Parmesan Sub

Oven Baked Curly Fries  
String Beans  
Chicken Noodle Soup  
Choice of Fruit

Friday, January 4

**Breakfast**

Mini Maple Pancakes

**Lunch**

Tuna Salad on a Bed of  
Lettuce w/Crackers  
Pizza  
or  
Cheesesteak Wrap

Sweet Potato Puffs  
Broccoli & Cauliflower Medley  
Choice of Fruit

## NUTRITION TO GO

Can potato chips be part of a healthy meal? That depends. Is a jumbo bag of chips your entire meal? That's not too healthy. But a meal that includes a small bag of chips, a turkey sandwich with lettuce and tomato, a crisp fresh apple, and a glass of low-fat milk is quite nutritious -- and quite delicious, too!

**A QUICK BITE FOR PARENTS**

Monday, January 7

**Breakfast**

Banana Bread

**Lunch**

Chef Salad w/Breadstick  
Cheeseburger on a Bun  
or  
Chicken Parmesan Sandwich

Oven Baked Fries  
Baked Beans  
Steamed Spinach  
Choice of Fruit

Tuesday, January 8

**Breakfast**

Cherry Frudel

**Lunch**

Santa Fe Salad w/Chicken &  
Tortilla Chips  
Golden Chicken Patty Sandwich  
or  
Cheese Ravioli  
w/Tomato Sauce & Garlic Bread

Roasted Butternut Squash  
w/Rosemary  
Oven Baked Fries  
Choice of Fruit

Wednesday, January 9

**Breakfast**

Chicken Biscuit

**Lunch**

Chicken Caesar Salad &  
Croutons  
Pizza Sticks w/Dipping Sauce  
or  
Chicken Taquitos

Sour Cream & Salsa  
Cheesy Rice  
Corn  
Black Bean Dip w/Chips  
Choice of Fruit

Thursday, January 10

**Breakfast**

Cini Minis

**Lunch**

Taco Salad  
Chicken Poppers w/Roll  
or  
Hot Turkey Sandwich w/Gravy

Mashed Potatoes  
Peas  
Choice of Fruit

Friday, January 11

**Breakfast**

Bagel w/Cream Cheese or  
Sun Butter

**Lunch**

Tuna Salad on a Bed of  
Lettuce w/Crackers  
French Bread Pizza  
or  
Fish Sandwich

Steamed Broccoli  
Sweet Potato Wedges  
Choice of Fruit



Monday, January 14

**Breakfast**  
Mini Waffles

**Lunch**  
Chef Salad w/Breadstick  
Cheeseburger on a Bun  
or  
Shrimp Poppers w/Pretzel Rod

Onion Rings  
String Beans  
Choice of Fruit

Tuesday, January 15

**Breakfast**  
Cereal

**Lunch**  
Santa Fe Salad w/Chicken &  
Tortilla Chips  
Golden Chicken Patty Sandwich  
or  
Pulled BBQ Pork Sliders

Broccoli Slaw w/Apples  
Oven Baked Fries  
Baked Beans  
Choice of Fruit

Wednesday, January 16

**Breakfast**  
Zucchini Bread

**Lunch**  
Chicken Caesar Salad &  
Croutons  
Mozzarella Sticks  
w/Marinara Sauce & Breadstick  
or  
Tacos

Sour Cream & Salsa  
Lettuce & Tomato  
Corn  
Seasoned Rice  
Choice of Fruit

Thursday, January 17

**Breakfast**  
Sausage Sandwich

**Lunch**  
Taco Salad  
Chicken Poppers w/Roll  
or  
Baked Potato w/Ham & Cheese

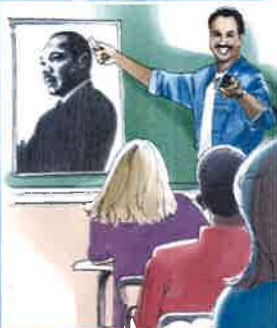
Chili  
Steamed Broccoli  
Choice of Fruit

Friday, January 18

**Breakfast**  
Mini Bagels  
w/Cinnamon Cream Cheese

**Lunch**  
Tuna Salad on a Bed of  
Lettuce w/Crackers  
French Bread Pizza  
or  
Chicken Teriyaki over Rice

Oriental Vegetables  
Egg Roll  
Rice  
Choice of Fruit



**School will be closed  
Monday, January 21  
in recognition of  
Martin Luther King, Jr.'s  
birthday.**

Tuesday, January 22

**Breakfast**  
Whole Grain Donut

**Lunch**  
Santa Fe Salad w/Chicken &  
Tortilla Chips  
Golden Chicken Patty Sandwich  
or  
Baked Rotini w/Garlic Bread

Roasted Parmesan Cauliflower  
Confetti Fries  
Choice of Fruit

Wednesday, January 23

**Breakfast**  
Sausage Sandwich

**Lunch**  
Chicken Caesar Salad &  
Croutons  
Pizza Sticks w/Dipping Sauce  
or  
Beef & Cheese Nachos

Sour Cream & Salsa  
Pinto Beans  
Corn  
Choice of Fruit

Thursday, January 24

**Breakfast**  
Wild Berry Bread

**Lunch**  
Taco Salad  
Oven Baked Chicken Legs  
w/Roll  
or  
Hot Turkey, Cheese & Bacon  
Croissant

Oven Baked Fries  
Broccoli w/Cheese Sauce  
Choice of Fruit

Friday, January 25

**Breakfast**  
Mini Maple Pancakes

**Lunch**  
Tuna Salad on a Bed of  
Lettuce w/Crackers  
Pizza Slice  
or  
Meatloaf w/Gravy & Roll

Mashed Potatoes  
Honey Glazed Carrots  
Choice of Fruit

## Available Daily

**Breakfast Items - Served Daily**  
Entrée

(alternative items may be served ie:  
Pop Tart, Cereal Bar, Granola Bar & Cereal)  
Fruit (must be 1/2 cup)  
and/or Juice

Optional—Milk (choices will vary)

**Lunch - Options May Vary**

Deli Sandwiches & Wraps  
PBJ w/Cheese Stick  
Celery Sticks w/Sun Butter  
Specialty Salads  
Cheese, Fruit & Yogurt Lunchable  
Carrots w/Dip  
Romaine Tossed Salad  
Hummus

**All Breads, Breading & Pasta are Whole Grain**

**Milk Choices**

Low Fat White  
Non-Fat Chocolate, Strawberry & White

Monday, January 28

**Breakfast**  
Banana Bread

**Lunch**  
Chef Salad w/Breadstick  
Bacon Cheeseburger on a Bun  
or  
Tony's Round Pizza

Broccoli  
Onion Rings  
Vegetable Soup  
Choice of Fruit

Tuesday, January 29

**Breakfast**  
Cherry Frudel

**Lunch**  
Santa Fe Salad w/Chicken &  
Tortilla Chips  
Golden Chicken Patty Sandwich  
or  
Cheese Steak Sub

Sesame Roasted String Beans  
Oven Baked Curly Fries  
Choice of Fruit

Wednesday, January 30

**Breakfast**  
Chicken Biscuit

**Lunch**  
Chicken Caesar Salad &  
Croutons  
Mozzarella Sticks  
w/Marinara Sauce & Breadstick  
or  
Chicken Taquitos

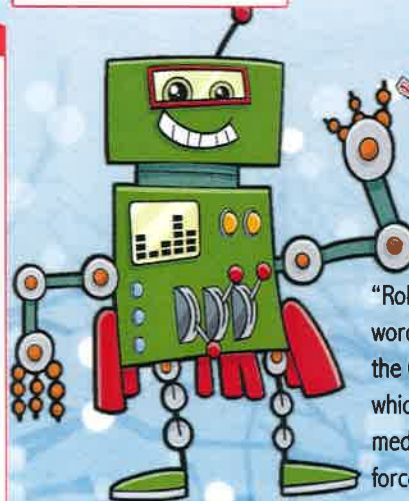
Sour Cream & Salsa  
Lettuce & Tomato  
Refried Beans  
Spanish Rice  
Choice of Fruit

Thursday, January 31

**Breakfast**  
Cini Minis

**Lunch**  
Taco Salad  
Chicken Poppers w/Pretzel Rod  
or  
Toasted Cheese Sandwich

Tomato Soup  
w/Goldfish Crackers  
Roasted Broccoli  
Choice of Fruit



# ROBOT

"Robot" sounds like a high-tech word, but it's not. It comes from the Czech word for "serf," which is the name used for a medieval peasant who was forced to work for free!

## Word play